In more detail, and as shown in FIGS. **10** and **11**, torso support **150** includes a first side generally designated **160** and an opposed second side generally designated **170**. In FIG. **10**, first side **160** is on the bottom and is positioned on underlying surface **200**. Second side **170** in on the top. However, in FIG. **11**, the positions have been reversed by flipping the support 180° on its longitudinal axis thereby placing first side **160** on the top and second side **170** on the bottom.

When first side **160** is positioned on surface **200** as shown in FIG. **10**, then second side **170** is defined by a first platform **172** for providing lifting support from below the upper chest and shoulders of a user's body (not shown) and a second platform **176** for providing cooperating lifting support from below the lumbar vertebrae of the body. An open region generally designated **174** extends longitudinally between platforms **172**, **176**.

Conversely, when second side **170** is positioned on surface **200** as shown in FIG. **11**, then first side **160**, now on top, is defined by a third platform **162** for providing lifting support from below the upper chest and shoulders of the user's body and a fourth platform **166** for providing cooperating lifting support from below the lumbar vertebrae of the body. An open region generally designated **164** extends longitudinally between platforms **162**, **166**.

The overall length, height and width of torso support **150** is essentially the same as that of torso support **1**. Similarly, the surface area of platforms **172** and **176** are essentially the same as those of upper surfaces **22** and **26**, respectively, of torso support **1**. Likewise, the size of open region **174** is essentially the same as that of open region **24** of torso support **1**. However, the surface areas of platforms **162** and **166** are greater than those of platforms **172** and **176**, respectively, and the size of open region **164**, including a shallower depression, is smaller than that of open region **174**. Thus, when torso support **150** is flipped 180° from the position shown in FIGS. **9** and **10** to the position shown in FIG. **11**, the support characteristics will be altered.

In use, a user may select side **160** or side **170** of torso support **1** to be used as the top or bottom side of torso support **150**. When side **160** is used on the bottom as shown in FIGS. **9** and **10**, then torso support **150** will provide the same support characteristics as torso support **1**. However, if the resulting stretch on the user's back is uncomfortable, then the user may elect to use side **170** on the bottom as shown in FIG. **11**. Then, the body will receive additional underlying support by reason of the larger surface areas of platforms **162** and **166**, and the smaller size of open region **174**.

In the embodiment shown in FIG. **9** to **11**, the elevations of platforms **172** and **176** or platforms **162** and **166** (as the case may be depending upon which side **160** or **170** of torso support **150** in on top) are substantially equal. However, it will be understood that this is not essentially so. Some or all of such elevations may differ. For example, such elevations may be altered with the use of a spacer such as spacer **85** described above in relation to FIG. **4**.

Various modifications and changes can be made to the form, details, arrangement, size and proportion of the various parts described above with reference to the foregoing embodiments without departing from the scope of the present invention. The invention is not to be construed as limited to the particular embodiments which have been described and should be understood as encompassing all those embodiments which are within the spirit and scope of the claims which follow.

I claim:

1. A body rest structure comprising a longitudinally extending torso support for supporting the torso of a human body in a prone position elevated above an underlying surface, said torso support including first and second sides selectively positionable on said surface, wherein:

(a) when said first side is positioned on said surface, said second side is defined by:

(i) a first platform for providing lifting support from below the upper chest and shoulders of said body at a first predetermined elevation above said surface;

(ii) a second platform for providing cooperating lifting support only from below the lumbar vertebrae of said body at a second predetermined elevation above said surface; and,

(iii) an open region extending longitudinally between said first and second platforms for providing room for at least a portion of the weight of the chest of said body below said shoulders to pull down on said body between said first and second platforms;

said first and second platforms and said open region being sized to enable a longitudinal stretch of both the thoracic vertebrae and the lumbar vertebrae of said body when said body is positioned on said first and second platforms; and concurrently, said first platform permitting the neck and head of said body to tilt forwardly and downwardly from said shoulders to a tucked chin position enabling a longitudinal stretch of the cervical vertebrae of the body;

(b) when said second side is positioned on said underlying surface, said first side is defined by:

(i) a third platform for providing lifting support from below the upper chest and shoulders of said body at a third predetermined elevation above said surface;

(ii) a fourth platform for providing cooperating lifting support from below the lumbar vertebrae of said body at a fourth predetermined elevation above said surface; and,

(iii) an open region extending longitudinally between said third and fourth platforms for providing room for at least a portion of the weight of the chest of said body below said shoulders to pull down on said body between said third and fourth platforms; and,

(c) the longitudinal extension of said open region between said first and second platforms defined when said first side is positioned on said surface is greater than the longitudinal extension of said open region between said third and fourth platforms defined when said second side is positioned on said surface.

2. A body rest structure as defined in claim **1**, wherein said first, second, third and fourth predetermined elevations are substantially equal.

3. A body rest structure comprising a torso support extending longitudinally from a front end to a rear end for supporting the torso of a human body in a prone position elevated above an underlying surface, said torso support comprising:

(a) an upper chest and shoulder support platform having an upper surface extending longitudinally from said front end for a relatively short distance for providing lifting support from below the upper chest and shoulders of said body, said platform having a width between opposed longitudinally extending sides of said platform, said width being sized for permitting left and right arms of said body to concurrently extend downwardly from said upper surface over associated ones of